



### LEARNING EXPERIENCE 3

Student's name: \_\_\_\_\_

Grade: " \_\_\_\_\_ "

Teacher's name: Lady Liliana Untal Escobedo.

English level: A1

## Let's Reduce Stress

**COMPETENCIA:** The student reads and writes different types of texts in English.

**PROPÓSITO DE LA SESIÓN:** Comprende textos breves y sencillos en inglés deduciendo el léxico y las estructuras, a fin de elaborar un texto con un testimonio sobre las actividades que realizas para reducir el estrés.

### Activity 1: I feel .....

1. How does he feel today?

2. How does she feel today?

3. How do you usually feel?



### LET'S REMEMBER!

#### Affirmative:

|                  |           |
|------------------|-----------|
| He               | exhausted |
| She <b>feels</b> | proud     |
| It               | nervous   |
|                  | sleepy    |

#### Negative:

|                         |             |
|-------------------------|-------------|
| He                      | depressed   |
| She <b>doesn't feel</b> | worried     |
| It                      | embarrassed |



sleepy



happy



tired



sad



stressed



scared

### Match the feeling with the correct picture

- Mary feels happy when she rides her bike.
- Johana is confused because she doesn't know if she got good grades on her test.
- I feel so tired because I worked all day!
- She is in love. She can't stop thinking about her boyfriend.
- Peter looked at Karen with a surprised expression.
- Samantha feels nervous whenever she has to go to her boss' office.



### Put the letters in the correct order:

- gyanr: \_\_\_\_\_
- spsrudire: \_\_\_\_\_
- opdru: \_\_\_\_\_
- esplye: \_\_\_\_\_
- idrt: \_\_\_\_\_
- xdeahstue: \_\_\_\_\_
- texecid: \_\_\_\_\_

### True or False.

- 1) She is thirsty \_\_\_\_\_
- 2) He is frustrated. \_\_\_\_\_
- 3) You are in love. \_\_\_\_\_
- 4) He is scared. \_\_\_\_\_

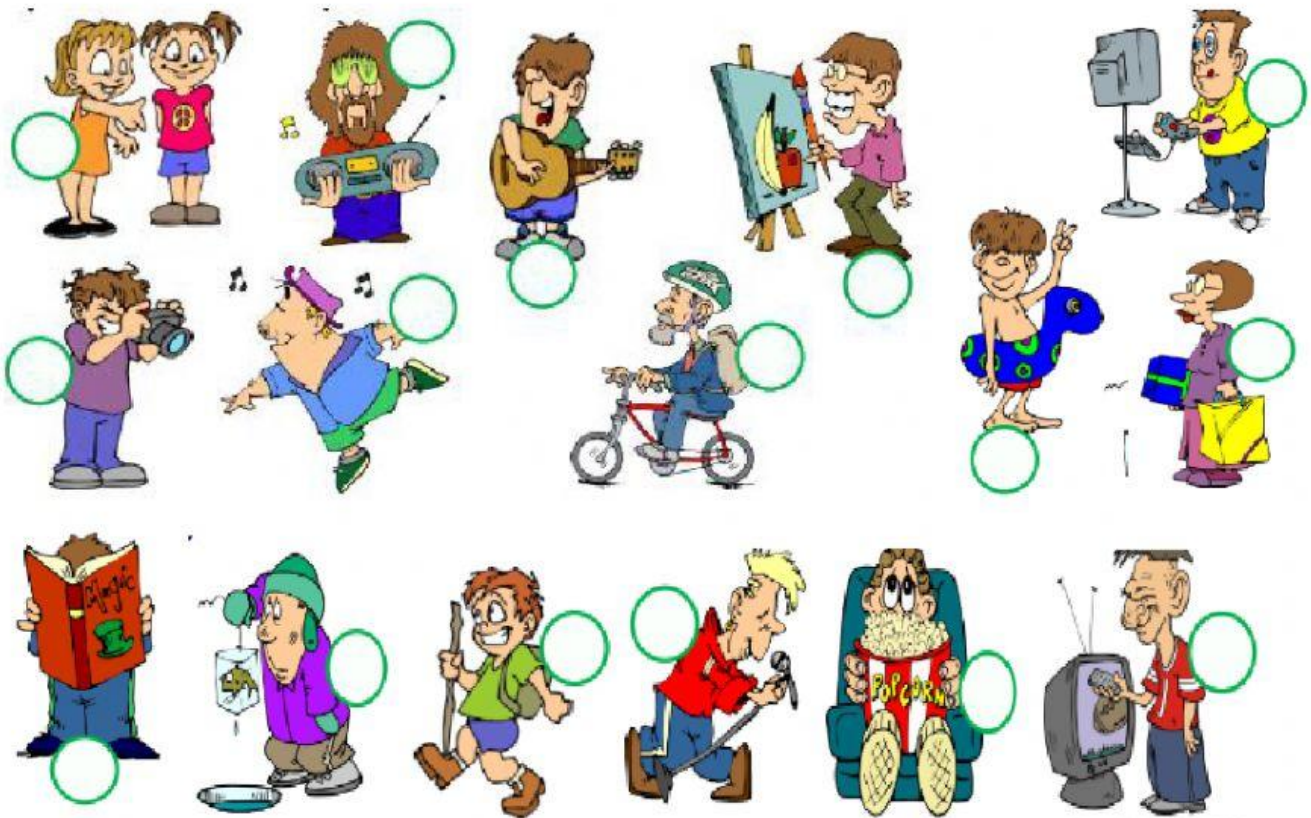


## FREE TIME ACTIVITIES

Find and circle the words in the word search puzzle and number the pictures.

1. watch TV
2. take photos
3. listen to music
4. read books
5. go fishing
6. swim
7. dance
8. go to the cinema
9. meet friends
10. sing songs
11. ride a bicycle
12. play computer games
13. go hiking
14. paint pictures
15. play the guitar
16. go shopping

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| f | w | p | h | r | e | a | d | b | o | o | k | s | x | u |
| o | g | o | t | o | t | h | e | c | i | n | e | m | a | r |
| p | k | p | o | e | u | w | w | a | t | c | h | t | v | l |
| s | i | n | g | s | o | n | g | s | c | m | e | l | s | i |
| r | p | w | h | r | o | j | r | v | j | s | a | a | w | s |
| g | w | b | k | o | b | z | x | y | i | b | n | y | i | t |
| o | v | p | t | a | k | e | p | h | o | t | o | s | m | e |
| f | d | a | n | c | e | u | t | q | s | o | t | b | g | n |
| i | k | w | a | w | k | k | n | y | w | s | b | f | s | t |
| s | p | a | i | n | t | p | i | c | t | u | r | e | s | o |
| h | p | l | a | y | t | h | e | g | u | i | t | a | r | m |
| i | h | m | e | e | t | f | r | i | e | n | d | s | l | u |
| n | y | y | p | m | g | o | h | i | k | i | n | g | o | s |
| g | o | s | h | o | p | p | i | n | g | r | p | g | o | i |
| f | b | r | i | d | e | a | b | i | c | y | c | l | e | c |



## LET'S LISTEN AND READ!

Listen to and read the posts.

LOOK!  
Lockdown:  
Quarantine

## LET'S UNDERSTAND!

### UNDERSTAND-EXERCISE 1

1. How does Rocio feel?

2. How does Lester feel?



### UNDERSTAND-EXERCISE 2

Listen again and answer the questions. Example:

1. Why does Rocio feel stressed? She feels stressed **because** she doesn't visit her grandfather and \_\_\_\_\_.

2. What does David like to do when he feels stressed? He reads comic, \_\_\_\_\_ and \_\_\_\_\_.

3. What does Lizbeth like to do when she feels stressed? \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

4. Why does Lester feel bored? \_\_\_\_\_ **because** \_\_\_\_\_ and \_\_\_\_\_.

5. What does Robert like to do when he feels stressed? \_\_\_\_\_ and \_\_\_\_\_.

6. What does Susy like to do when she feels stressed? \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

## LET'S REFLECT!

Answer these questions using phrases given about what can you do in English related to this topic presented.



| What I can do?                                                                    | Not at all | Somewhat | Well | Very well |
|-----------------------------------------------------------------------------------|------------|----------|------|-----------|
| ¿Puedo reconocer palabras y frases de uso común si están acompañadas de imágenes? |            |          |      |           |
| ¿Puedo extraer información explícita de un texto?                                 |            |          |      |           |
| ¿Puedo relacionar acciones con imágenes que las representan?                      |            |          |      |           |

Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas sobre lo que puedes hacer con el inglés.